



Research Article

TO EVALUATE THE EFFICACY OF KUKKUTAND BHASMA WITH PUSHYANUGA CHOORNA AND YASTIMADHWADI SIDDA KASHAYA PRAKSHALANA IN SHWETA PRADARA**Suvarna.P.Nidgundi**

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KEYWORDS: *Kukkutand Bhasma, Pushyanuga Choorna, Yastimadhwadi Sidda Kashaya Prakshalana, Gynecological problem, Shwetapradara, Leucorrhoea.***ABSTRACT**

Leucorrhoea (*Shweta Pradara*) is one of, the disease which is well known as *Shweta Pradara* in Ayurveda. So a more appropriate and effective treatment which is relatively quicker in action with more efficacy is the need of the hour. Ayurveda the science of human being have so many formulations to overcome *Shwetapradara*.

Leucorrhoea disease, female genital system from introitus to uterus is described in Ayurveda as *Tryavarta yoni*, *Rajovahastrotas* which is *Bahirmukhastrotas* and due to this it is more prone to the exogenous infections. Gynecological problems are very common now-a-days. Among them *Shwetapradara* is one of the most observing disorders of women which occurs irrespective of socio-economic status, occupation, etc. It is caused by the vitiation of *Kapha dosha*. Though it is seen as a negligible factor initially, if not treated properly in time it will lead to major gynecological problems later. *Shwetapradara* can be correlated with leucorrhoea. Leucorrhoea, a common gynecological symptom troubles more than 75% of women during their life. One such formulation has been picked up in the present study.

The main aim of the present study is to clinically evaluate the efficacy of *Kukkutanda bhasma* with *Pushyanuga choorna* and *Yastimadhwadi sidda kashaya prakshalana* in specific cases of *Shwetapradara*. Based on the subjective and objective parameters the criteria of assessment are set aside.

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Gynecological problems are very common now a days among which *Shwetapradara* is one of the most common disorder of women which occur irrespective of socio economic status, occupation etc. It is caused by the vitiation of *Kapha dosha*^[1] though it is seen as negligible factor initially, if not treated properly it will lead to gynecological problems. *Shwetapradara* can be co-related with Leucorrhea. It is common gynecological symptom occurring in 75% of women. This is characterized by discharge from the genital tract. It is often associated with the invasion of genital tract by some organisms, metabolic hormonal disturbances are also responsible for the disease. *Kukkutandtwak bhasma* with *Pushyanuga choorna*^[2] is used in gynecological disorder. It is also widely

used in *Raktahalpata* and in some *Artavavaha* and *Mootravaha sroto vikaras*. *Artavavaha srotos* of female is homologous in function with *Shukravaha-srotos* of male. Considering the above point and the indication of *Kukkutanda twak bhasma* with *Pushyanuga choorna* mentioned in classics the present clinical study is undertaken. Some local treatment also has been explained like *Picchudharana*, *Agni- Karma* etc but here *Yashtimadhwadikashaya* has been chosen for *Prakshalana* for the study.

Definition of Shwetapradara

Shwetapradara comes under *Pradararoga* but direct reference is not available in *Samhita*.

In *Astangasangraha*, *Shwetapradara* is explained along with *Yoniroga* but in *Chikitsa*

mentioned about "*Sheetashulaeasrikdhare*" is *Sweta pradara*.^[3]

"*Sukuryataipicchilasheetalakandugrastaalpavedana panduvarnatathapandupicchilaartavavahini*"

White thick mucus discharge along with curdy and milky appearance from vagina is described as the cardinal symptom in many *Yonirogas*. Sometimes this symptom is so severe that it over shadow the symptom of actual disease.

Nidana and Samprapti^[4,5]

Swetapradaranidana in classics are *Lavana*, *Amla*, *Katu rasa*, *Vidahi*, *Guru*, *Snigdha*, *Virudhaahara sewana*, *Garbhapata*, *Atimaithuna* etc.

These vitiate *Rakta* increasing its amount and reach the *Sleshamadharakala* of *Artavahasrotos* and vitiating *Sthanika Kapha* and *Vata* resulting in *Swetapradara*.

Some other factors are

- Unhygienic conditions
- *Raktapata*
- *Krimi*
- *Yonidhavana*
- *Chinta*, *Krodha*
- Unsatisfied married life
- Contraceptives
- Constant cold water bath during *Rutukala*.

Lakshanas^[6]

Excessive *Srava* it may be in thick mucus discharge, curdy discharge, milky discharge, watery discharge along with *Yoni Kandu*, *Vedana*, Inflammation, and erosion in the cervix.

Sarvadaihikalakshanas

- *Daurbalya*
- *Alasya*
- *Aruchi*
- *Ajeerna*
- *Katishoola*
- Psychological disturbance

Aim and objective

- To evaluate the effect of *Kukkutandbhasma* with *Pushyanugachoorana* with *Tandulaodaka* and *Yastimadhusidda kashaya prakshalana* in *Swetapradara*.

Material and method

Yoni srava Grade 0: no discharge Grade 1: persistent moistness of vulva Grade 2: need to change the inner wears frequently Grade 3: need to use an extra pad or cloth	Yoni vedana Grade 0: no pain Grade 1: mild pain, no medications required Grade 2: persistent pain Grade 3: severe continues pain require medications
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Study Design: Single group clinical study

Total sample size: 20 Patient and made into single blind group study.

Yastimadhwadisidda kashaya for *Yoni Prakshalana* for 7 days followed by *Kukkutand twak bhasma* and *Pushyanuga choorna* with *Tandulaodaka* - 5gm BD after food for 30 days.

Posology

Bahya Chikitsa: *Yoniprakshalana* (*Yastimadhwadisidda kashaya*) freshly prepared *Kashaya* around 1 liter. Continuously for 7 days.

Abhyantara Chikitsa: (*Kukkutandbhasma*- 125mg + *Pushyanugachoorana* - 12gms) 5gms bid after food with *Tandulaodaka*. For 30 days.

Total study duration - 30 days.

Follow up- 15days.

Total study duration: 45 days.

Inclusive criteria

1. Patients suffering from *Shwetapradara* with signs and symptoms like *Yonisrava*, *Yoni daurgandya*, *Yonikandu*, *Yonivedana*, *Yoni sheetata*, *Vrana*, *Yonidaha*, *Uadrashola*.
2. Between the age group of 21-35yrs.

Exclusive criteria

1. Patients suffering from diseases like DUB, STD, IUD, PID, pregnancy and lactation, abnormal PAP smear.
2. Patients with the age group of < 20yrs and more than 40 years.

Diagnostic criteria

Patients are diagnosed based on sign and symptoms like *Yonigata swetasrava*, *Yoni Kandu*, *Yoni Vedana*, *Yonidaha*.

Investigation

1. Blood -Hb%, TC, DC, ESR
2. Urine - Albumin, Sugar, Microscopic
3. Vaginal smear
4. Vaginal pH if required

Criteria for the assessment of result

Criteria of assessment were set aside on the basis of relief in the signs and symptoms of *Shweta pradara*. For this purpose, vaginal smear and vaginal ph (if required) values were scored in following scoring pattern.

<i>Yoni daurgandya</i> Grade 0: no smelling Grade 1: smell felt at the time of changing the inner wears Grade 2: smell slightly outside Grade 3: occasionally foul smell Grade 4: persistent foul smelling <i>Yonikandu</i> Grade 0: no itching Grade 1: occasionally itching Grade 2: mild itching Grade 3: moderate-present but did not affect the daily chores Grade 4: severe continues <i>Kandu</i> which effect daily chores	Grade 4: extreme pain along with cramps <i>Yoni sheetata</i> Grade 0: coldness not felt Grade 1: coldness felt Grade 2: <i>Romaharshana</i> Grade 3: <i>Ushnakamitwam</i> <i>Vrana</i> Grade 0: no ulceration Grade 1: petechial ulcerations Grade 2: indurate ulcerations Grade 3: ulceration with discharge Vaginal smear Grade 0: normal smear Grade 1: inflammatory smear Grade 2: inflammatory smear with malaises
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Observations

Religion

Hindu	9
Muslim	5
Christian	4
Jain	2

Age (20-40)

9 patient	20-30 years
7 patient	35 year
4 patient	35-40

Chronicity

2-4 month	6 patient
8-10 month	10 patient
10-12month	4 patient

Overall result of the data

	Mean	MD	SD	% of reduction	SE	T value	P value	Remarks	
	BT	AT							
<i>Yoni srava</i>	2.2	1.15	1.0	0.22	47.7%	0.05	20.9	>001	H.S
<i>Yoni vedana</i>	2.35	1.25	1.1	0.44	47.8%	0.1	11.0	0.001	N.S
<i>Yoni dourgandhya</i>	2.0	1.05	0.9	0.22	47.5%	0.04	18.99	>001	H.S
<i>Yoni kandu</i>	4.4	4.1	2.7	1.6	6.5%	0.35	7.37	0.0001	H.S
<i>Yoni sheetata</i>	5.9	3.8	0.9	0.63	5.97%	0.14	6.66	0.0001	H.S
<i>Yoni vrana</i>	5.1	3.9	1.8	1.36	11.3%	0.29	6.14	0.001	N.S
Vaginal ulcer	3.0	2.3	3.3	4.0	4.39%	0.89	3.56	0.001	N.S

Assessment of overall effect of the treatment

Well responded: relieved by all the symptoms (*Srava, Vedana, Kandu*)

Moderately responded: relieved by any of the 2 symptoms

Poor response: relieved by any of one symptom

Not responded: not relieved by any symptom

Result

Among 20 patients

- 7 patients-good response (*Yonisrava, Yonikandu, Dourbalya*)
- 9 patients- moderate response (*Yonisrava, Yonikandu, Dourballya and Katishoola, Yoni daha*)
- 4 patients- poor response (*Yonisrava, Udarashoola and Katishoola*)

Overall assessment

Good Response (Relieved by all symptoms <i>Srava, Vedana and Kandu</i>)	35%
Moderate Response (Relieved by any of the two among three symptoms)	45%
Poor response (Relieved by any one among three symptoms)	20%
No Response (Not relieved by any of the symptoms)	None

Interpretation

- *Yoni prakshalana* is indicated almost in all types of gynecological disorder and it is chiefly practiced in OPD level.
- *Yoni prakshalana* or *Dhavana* is used to wash away accumulated secretion, blood or discharges in vagina that cause adhesions or increased the risk of infection.
- Actions are mainly by the drug used in the preparation of *Kwatha*.
- In this study using *Dhavanartha* drugs are *Yastimadhu, Khadira*, along with *Panchavalakal*
- Indication of these drug *Yastimadhu*^[7]- *Tridosahara, Vranashoth Daha* etc.
- *Khadira*^[8]- *Kapha shamaka Sthambhaka, Kandughana, Kustagna*
- *Vata*^[9] - *Kapha Pittahara, Dahaprashmaka, Sthambhaka, Sangrahneya, Garbhashya shothahara*
- *Udumbara*^[10] - *Kapha Pittahara, Daha Vrana Yoni roga*
- *Ashwata* ^[11] - *Kapha Pittahara, Vrana, Yoniroga*
- *Palaksha* ^[12]- *Kapha Pittahara, Vrana, Yoniroga, Daha, Raktapradar, Swetapradara.*
- *Parisha* ^[13]- *Kapha Pittahara, Daha, Yoniroga, Sthambhaka, Shothahara*
- *Pushyanagachoorana* also indicated in *Pradararogas*
- *Kukkutandtwakbhasma* also indicate in *Pradararogas* and mainly its calcium content.
- The trail drug utility is based on the fact that is directly acts on both *Kapha dosha* along with female reproductive system.

CONCLUSION

- *Shwetapradara* is one of the important gynecological symptoms which appear in

diseases like anemia, fever, general debility and some other gynecological problems etc.

- Sometimes it is one of the primary diseases and caused by vitiation of *Kapha dosha*.
- In this condition most of the *Chikitsa* are explained in the classics, among them *Pushyanugachurna* with *Kukkutanda twak bhasma* also one among the *Chikitsa*.

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